

budget printing
(1979) LTD.
www.bprint.com

Affordable Printing,
Priceless Service

15616 - 116 Ave, Edmonton
780.451.4546 · www.bprint.com

HEALTHY FAT
COMPLEMENT SALMON
WITH EARTHY FLAVOUR
OF SHIITAKE **{page 20}**



TYING THE KNOT
JANET REPORTEDLY
ENGAGED TO QATARI
BILLIONAIRE **{page 14}**

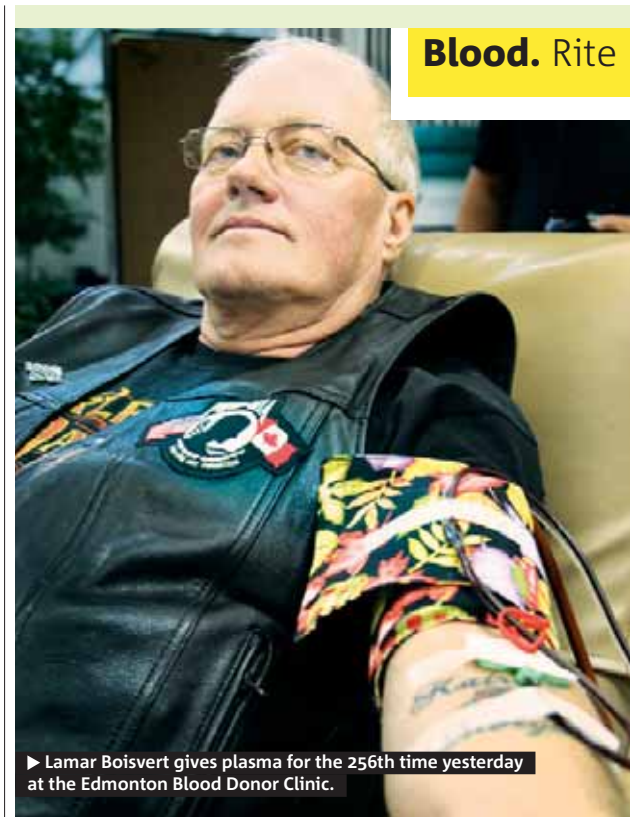


EDMONTON
metro®

Thursday, August 4, 2011
www.metronews.ca

News worth sharing.

Blood. Rite



► Lamar Boisvert gives plasma for the 256th time yesterday at the Edmonton Blood Donor Clinic.

SHELLEY WILLIAMSON/METRO

Biker puts life in the line

Nam Knights member Lamar Boisvert, who gives plasma each week, is urging fellow bike enthusiasts to donate blood in the second-annual Bikers for Life Challenge. The month-long drive is shooting for 100 donations, 29 more than last year's campaign, which helped 200 people.

\$189M more for Slave Lake

► New money to go toward three projects, including setting up temporary housing for residents left homeless by May wildfires

The Alberta government is giving the fire-ravaged Slave Lake region an additional \$189 million to help with rebuilding and recovery costs. The province had already announced \$100 million in funding shortly after a wildfire wiped out one-third of the community in May. About 2,000 people lost their homes.

"The support from the government's been tremendous and we couldn't have done it without them," Slave Lake Mayor Karina Pillay-Kinneer said yesterday.

"By working together, we're going to rebuild Slave Lake."

The Insurance Bureau of Canada has estimated the fire caused \$700 million in damage.

The new government money, which brings total funding to \$289 million, is being directed to three projects, including one for interim housing for displaced residents. Just over \$47 million will be spent



to move and hook up 350 modular homes in Slave Lake by the end of November.

Flat-bed trucks have already hauled in a few of the units. Pillay-Kinneer said it takes time to clear trees and run utilities to three spots designated to become mobile home parks.

Priority for the homes will be given to families with children so they can be settled for school, said Infrastructure Minister Ray Danyluk.

Many homeless residents have

spent the last three months in motels or campers or have squeezed into the homes of friends and family.

"It's about getting back on your feet to be stronger," said Municipal Affairs Minister Hector Goudreau.


He said \$77 million of the new funding will help Slave Lake and surrounding communities cover firefighting and emergency-response costs. It will also help other towns and reserves that set up evacuation centres during the fire.

Bulldozers are still working to demolish and clean up the remains of 400 houses and other buildings levelled by the fire. Pillay-Kinneer said that work — half to be completed by mid-August — is covered by insurance companies.

Construction of replacement homes is expected to take two to three years.

THE CANADIAN PRESS

Your hospitals, made cleaner.

Alberta Union of Provincial Employees. Your working people. **AUPE** 



LEXUS
THE PURSUIT OF PERFECTION.



SEIZE THE DAY, BY SEIZING THE OFFER.

- Cash Purchase Incentives up to **\$4,000**
- Lowest Lease and Finance Rates of the Year from **0.8%***
- Limited Time Offer



IS
2011 IS 250

LEASE FOR
\$288* MTH
DOWN PAYMENT \$7,707*
SECURITY DEPOSIT WAIVED

LEASE OR FINANCE
FOR UP TO 48 MONTHS
1.8%*

MSRP

\$35,196*

CASH PURCHASE INCENTIVE

\$2,000*

CASH PURCHASE PRICE

\$33,196*

INCLUDES FREIGHT/PDI AND BLOCK HEATER

FOR INFORMATIONAL
PURPOSES, LEASE APR IS

4.43%*

AND FINANCE APR IS

4.59%*



ES
2011 ES 350

LEASE FOR
\$418* MTH
DOWN PAYMENT \$9,880*
SECURITY DEPOSIT WAIVED

LEASE OR FINANCE
FOR UP TO 36 MONTHS
0.8%*

MSRP

\$44,440*

CASH PURCHASE INCENTIVE

\$3,000*

CASH PURCHASE PRICE

\$41,440*

INCLUDES FREIGHT/PDI AND BLOCK HEATER

FOR INFORMATIONAL
PURPOSES, LEASE APR IS

4.85%*

AND FINANCE APR IS

5.18%*



RX
2011 RX 350

LEASE FOR
\$458* MTH
DOWN PAYMENT \$9,998*
SECURITY DEPOSIT WAIVED

LEASE OR FINANCE
FOR UP TO 48 MONTHS
2.3%*

MSRP

\$49,364*

CASH PURCHASE INCENTIVE

\$4,000*

CASH PURCHASE PRICE

\$45,364*

INCLUDES FREIGHT/PDI AND BLOCK HEATER

FOR INFORMATIONAL
PURPOSES, LEASE APR IS

6.10%*

AND FINANCE APR IS

6.36%*

* Prices and payments are subject to change without notice. Contact the Lexus of Edmonton dealership for complete details.

www.lexusofedmonton.ca ■ 11204-170 Street ■ 780-466-8300



Snakes alive! A boa's soaking in the bath

A mix-up yesterday left Calgary firefighters scratching their heads and snake owner Sarena Dobmeier searching for her eight-foot-long boa constrictor.

After a long night of moving, Dobmeier decided she would spend a couple hours sleeping in her new home before retrieving her snake Herc from her former residence.

"(I) came back at six in the morning and the neighbours said, 'You won't believe what happened.'"

Around 4 a.m., firefighters responded when residents in the suite below heard water running and found a snake in the bathtub. Dobmeier left Herc there and thinks the snake turned the tap on.

"We happen to have a big fire truck so we put him in the cab and cleared some space for him and gave him a little drive," said fire department spokesperson Brian McAsey.

"It opens itself up nicely for a snakes-and-ladders joke."

After 15 years with Herc, Dobmeier said "it's not even her greatest adventure yet," adding the snake once escaped on a ferry after someone cut open the bag she was carrying it in. **KATIE TURNER**



For more news, visit metronews.ca/edmonton



► Members of the EPS bomb unit deploy a robot followed by a tech on foot, Sgt. Ray Akbar, to investigate a vehicle parked near the Bethany Senior Citizens Home for explosives yesterday. The unit was called in because of information received by police, but nothing was found.

Uncertain future for seniors displaced by fire

► Residents assisted as investigation into deliberately set explosions continues ► Seniors forced to leave with only the clothes on their backs



NANCY GORDY
EDMONTON@METRONews.CA

A fatal fire that tore through a south-side seniors' complex early Tuesday morning, killing two people, has left residents wondering what's next.

The 59 people displaced from the Bethany Senior Citizens Home by a deliberate explosion and fire in both a car and third-floor suite have not been al-

lowed back — and they don't know when they will be.

The Canadian Red Cross has provided 33 residents with accommodation at the Ramada Inn until Friday, while rooms were also available in other seniors' homes in the city.

"Friday at 11 a.m., I have to move somewhere else," resident Guenther Marzian said outside the hotel yesterday. "It could be anywhere."

Marzian said the Red Cross has provided residents with food up to \$25 per day at the Smitty's restaurant that's joined to the hotel, as well as a \$120 voucher to use on clothing at Walmart.

Tracie Moore, spokesperson for the Red Cross, said after their 72-hour service is provided, the seniors "will be referred to other community organizations for their longer term needs."

Fire aftermath

► The two killed in the fire have been identified by neighbours and other residents as Anna Fedorio and Ken Kopiak.

► Fire officials have estimated damage from the blaze at \$1.3 million.

► Autopsies on the bodies were scheduled for yesterday afternoon.

1

news


Transit officials in Canadian cities hope arrivals-tracking software will boost ridership. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Oscar-winner Russell Crowe in St. John's to film guest spot on CBC's Republic of Doyle. Video at metronews.ca



Follow us on Twitter @metroedmonton



COME IN AND VISIT US TODAY

MINI EDMONTON

FINANCING FROM

0.9%

7450 ROPER ROAD • 888.663.7163 • 780.702.4817

WWW.EDMONTON.MINI.CA



MINI COUNTRYMAN

This powerful 4-cylinder drive takes the famous MINI go-kart feeling experience to places it has never been before. Come in and feel drive this MINI Countryman at MINI Edmonton today.

Special police to probe massacre

Police in Oslo, Norway, are setting up a special unit to investigate the twin attacks that killed 77 people.

Anders Behring Breivik has confessed to setting off a bomb in the capital and to a massacre at an island youth camp.

But unanswered questions remain, including how Breivik financed the attacks and with whom he was in contact.

Breivik has claimed to belong to a shadowy group of modern-day crusaders against Islam, with cells all over Europe.

Police are interested in Breivik's bank accounts.

THE ASSOCIATED PRESS

Dying woman vows to hang on



PHYLCIA TORREVILLAS/METRO FILE

- Her right-to-die case expedited
- Judge satisfied 'time is urgent'
- Trial set to start on Nov. 15

Deathly ill Gloria Taylor is refusing to die — yet.

Although she is living far longer than her doctors had predicted, she plans to hang on until her right-to-die case is hurried through a B.C. court.

B.C. Supreme Court Justice Lynn Smith agreed to a speedy trial for Taylor, who wants a doctor-assisted suicide. "I am satisfied the time is urgent," Smith told a Vancouver court yesterday. A four-week summary trial will begin Nov. 15.

Taylor's lawyer, Joe Arvey, said the decision to fast-track the trial means she may now have the chance to use a doctor to help her end her life.

Taylor, 63, has Amyotrophic Lateral Sclerosis, or Lou Gehrig's disease,

"It doesn't make sense that it's legal for me to commit suicide, but it's illegal for someone to help me die at peace."

GLORIA TAYLOR

and Arvey said her condition is getting worse.

"Gloria is an amazing woman. She has lived much longer than the doctors had predicted," Arvey said. "She told me she was going to hang on as long as it took."

Taylor began experiencing ALS symptoms in 2003. Eighty per cent of people with ALS die within two to five years of diagnosis.

THE CANADIAN PRESS

REWARDING CAREERS ARE NEVER HANDED TO YOU. AT CDI COLLEGE, WE'LL HELP YOU EARN ONE.

CDI College has been helping people like you launch successful careers for more than four decades. Choose from over 50 market-driven programs in Business, Art & Design, Technology and Health Care. A new career can be in the palm of your hand. Call CDI College today!

EARLY CHILDHOOD EDUCATION
— Just one of many health care career programs at CDI College.



cdi college
Canada's Leading Career Training Provider.

To get started today, visit
edm.cdicollege.ca
or call 1.888.245.6567

TENSE 10 HOURS

Bizarre Aussie bomb attack a hoax

The bizarre attack seemed straight out of a Hollywood thriller:

A disguised man breaks into a suburban home in the middle of the day, chains an apparent bomb to a teenage girl's neck, and leaves a note with instructions for her wealthy family.

But after 10 frantic hours working to free her, Australian police say it was all an elaborate hoax.

Sydney bomb squad specialists managed to free 18-year-old Madeleine Pulver from the bomb-like device last night, and later determined it contained no explosives.

Pulver was not hurt. "A very, very elaborate hoax as it turned out," New South Wales state police

Assistant Commissioner Mark Murdoch told reporters.

"But it was made and certainly gave the appearance of a legitimate improvised explosive device."

The drama began when Pulver's family told police their daughter had been attacked and there was a strange device attached to her.

Bomb technicians, negotiators and detectives rushed to the scene. Nearby homes were evacuated, streets were closed and medical and fire crews waited nearby.

Pulver told police a man wearing a disguise broke into her home and attached what appeared to be a bomb to her neck.

When officials arrived on the scene, they found Pulver alone in the house with the suspicious device tethered to her neck "by a chain or something similar," Murdoch said.

Police said they had no idea why Pulver was targeted, but they said the attack did not appear to be random.

THE ASSOCIATED PRESS

Guilty plea for 'damsel'

A Canadian woman dubbed the "damsel in distress" because of the sob stories she told strangers to scam them out of cash has pleaded guilty to larceny charges.

Wendy Price-Baldassari has been sentenced in Massachusetts to three months probation and ordered to pay \$500 in restitution. She also faces deportation to Canada.

THE CANADIAN PRESS

Late lawyer sparks fuss

Ontario's attorney general has launched a complaint with the province's judicial council after a judge let a dozen people go free because a lawyer was late for court.

Ontario Court Justice Howard Chisvin dismissed the defendants last month after Crown attorney Brian McCallion was one minute 27 seconds late returning from a recess.

The accused included a violent schizophrenic.

THE CANADIAN PRESS

Determined Filipino family ignores skeptics to succeed in Canada

When Erick Alfonso meets immigrants who feel overwhelmed, he gives them hope by telling his own family's story. In fact, the Manila native and his wife achieved personal success in a remarkably short time, by ignoring skeptics who scoffed at their Canadian dreams.

Now working as a Manager of Customer Service at Scotiabank in Calgary, Alberta, Erick remembers how friends discouraged them from immigrating to Canada with their five young children.

"They told us that you need Canadian experience to find a job," recalls the former IT project manager at a Philippine bank. "But we decided to try because we knew it was a good country to raise our kids."

Upon arrival in Canada in 2006, the Alfonsos discovered that many Filipino compatriots were juggling low paying jobs to survive. While Erick also took a temporary factory job to pay the bills, he refused to give up hope.

"A friend told me to open my first bank account at Scotiabank, and the teller was so helpful that I decided to submit my resumé," recounts Erick. To his amazement, the branch manager hired him within a month as a casual teller, and two months later, gave him a full-time customer support role.

"I was lucky that Scotiabank gave me the chance to prove myself," notes Erick, who has risen through the ranks and now serves many Asian customers at Calgary's Castleridge Centre Branch. "I can relate to them because I remember arriving with no bank account and no permanent address. The Scotiabanker explained everything to me, and I try to do the same for others today."

For example, Erick recommends the **Scotiabank StartRight®** Program¹ for Newcomers, which includes a free day-to-day bank account for one year², a wide range of VISA® card options³ and a number of other customized services and benefits. He also provides plenty of first-hand financial advice.

"Since many newcomers arrive with personal savings, I help them invest their savings wisely, including short-term investments such as a Tax-Free Savings Account (TFSA), which lets them earn tax-free income that they can access later for other needs," says Erick.

He also explains the importance of building a Canadian credit history. "Some newcomers are afraid to use a credit card, but I tell them how it can help them achieve other goals if they use it responsibly."

Erick also gives pep talks on job searches, based on his experience and that of his wife, Maria Rosario, who within a year moved from a temporary accounting job to accounting manager with a local firm.

"We didn't do anything special, but we were determined. By believing in ourselves and supporting each other, we got through each difficulty," says Erick. "It is possible – If you show what you can do, you can build the right connections and open the door to a new life in Canada."

THIS ADVERTORIAL IS PREPARED BY SCOTIABANK.



Now established as a Scotiabank Manager, Erick Alfonso welcomes other new Canadians to his branch.



"Renee helped open the door to my credit history in Canada"

The **Scotiabank StartRight®** Program¹, specially designed for newcomers, helps build your credit history right away. You need a credit card² to open financial doors and get all the things you need to settle quickly in Canada. Let one of our knowledgeable advisors show you how.

Start Right Here. Find your nearest Scotiabank branch, visit scotiabank.com/startright or call 1-866-800-5159.

Scotiabank
StartRight™
PROGRAM FOR NEWCOMERS

BANKING • ESTABLISHING CREDIT • OWNING YOUR HOME • SAVING

1. The Scotiabank StartRight Program, created for Canadian Landed Immigrants from 0-3 years in Canada, International Students and Foreign Workers.
2. Offer available for one year when you open a new PowerChequing® account with Scotiabank. Free banking refers to personal account level service fees only. This includes all account monthly transaction fees. It does not include fees not covered by your banking package nor fees charged by other financial institutions. Fees not covered with the PowerChequing account, including access fees to use non-Scotiabank banking machines (e.g. Interac, VISA or PLUS fees), continue to apply. Cardholder service fees continue to apply for using the cross-border debit service.
3. Subject to meeting Scotiabank's credit criteria and security requirements.
*Registered trademarks of The Bank of Nova Scotia.
VISA Int./Lic. user The Bank of Nova Scotia.
Interac Inc. owner of mark Interac. The Bank of Nova Scotia is an authorized user of the trademark.

*Registered trademarks of The Bank of Nova Scotia. **Trademark of The Bank of Nova Scotia. VISA Int./Lic. user The Bank of Nova Scotia.
The Scotiabank StartRight Program, created for Canadian Landed Immigrants from 0-3 years in Canada, International Students and Foreign Workers. Subject to meeting Scotiabank's credit criteria and security requirements. A secured VISA® card for International Students requires security equal to 120% of approved credit limit. An unsecured VISA card may be available for Foreign Workers and Landed Immigrants/Permanent Residents, up to certain credit limits; a secured VISA card for Foreign Workers requires security equal to 100% of approved credit limit. VISA card security can be cash security, Canada Savings Bonds or Guaranteed Investment Certificate. In addition, to be eligible for a personal borrowing product, you must be a Canadian resident and have reached the age of majority: 18 years for PEI, QC, ON, NB, SK, AB, and 19 years for NL, NS, NS, BC, YT, NT, Nunavut. Currently the Auto Loan Program is available through select car dealerships in Canada: Kia, Chrysler, Hyundai, Jaguar/Land Rover, Mazda, Mitsubishi and Volvo. This program is only available for Landed Immigrants and Foreign Workers. Subject to financing Scotiabank terms and conditions. Downpayment required.

Mubarak pleads not guilty at trial

► About 50 supporters pounded the gate, trying to gain access ► Some chanted, 'We love you, Mubarak!'

An ailing 83-year-old Hosni Mubarak, lying ashen-faced on a hospital bed inside a metal defendants cage, denied charges of corruption and complicity in the killing of protesters at the start of his trial yesterday.

The spectacle, aired live on state television, was a stunning moment for Egyptians. Many savoured the humiliation of the man who ruled for 29 years, during which opponents were tortured, corruption was rife and poverty widespread.

"This is the dream of Egyptians, to see him like this, humiliated like he humiliated them for the last 30 years," said Ghada Ali, the mother of a 17-year old girl in the city of Alexandria who was shot to death dur-

ing the crackdown.

"I want to see their heart explode like my daughter's heart exploded from their single bullet," Ali said.

A prosecutor read the charges against Mubarak — that he was an accomplice along with his then-interior minister in the "intentional and premeditated murder of peaceful protesters" and that he and his sons received gifts from a prominent businessman in return for guaranteeing a lowered price in a state land deal.

"Yes, I am here," Mubarak said from his bed, raising his hand slightly when asked to identify himself and enter a plea. "I deny all these accusations completely," he said, wagging his finger.

THE ASSOCIATED PRESS



► This video image, taken from Egyptian state television, shows 83-year-old former Egyptian president Hosni Mubarak lying on a hospital bed inside a cage of mesh and iron bars in a Cairo courtroom yesterday. It was Egyptians' first look at the former president since Feb. 10, the day before his fall when he gave a defiant speech refusing to resign.

Mubarak's life

Key dates in the life of Hosni Mubarak.

- **May 4, 1928** — Born in village of Kafr el-Moseilha.
- **April 1975** — Chosen by President Anwar Sadat to be vice-president.
- **Sept. 7, 2005** — Mubarak wins first multi-candidate presidential election.
- **Nov. 2010** — Parliamentary elections are held that opposition parties say are marred by fraud.
- **Jan. 25, 2011** — Thousands of anti-government protesters in Cairo stage demonstrations in Egypt.
- **Jan. 28, 2011** — Mubarak orders the army out on the streets to restore order.
- **July 14, 2011** — Denies responsibility for killing some 850 protesters by his security forces during uprising.

NEW HOPE FOR HAIR LOSS Laser Hair Therapy

USING TLP™

TLP™ IS A "NEW" NON-SURGICAL SCIENTIFIC APPROACH FOR MEN AND WOMEN TO HELP CONTROL THINNING HAIR, BALDNESS AND PROBLEMS ASSOCIATED WITH THE SCALP.

This cold laser creates a soft halo of light around the scalp. Laser hair therapy is a medically tested, safe and proven method using low level laser energy, or "soft cold" laser light to effectively treat and control problem hair loss and encourage new growth.



WILL IT WORK FOR ME?

Laser Therapy is equally effective for both men and women. Most participants will see tangible response within a short period of time after commencing treatment, with results enhanced as the program continues.

In fact, past studies have shown a 93% increase in hair among the respondents using Cold Laser Therapy. For those clients not able to come to our clinic on a regular basis, a home laser program is available.

During your initial consultation and assessment, it will be determined if you are a good candidate for Laser Therapy. If so, your results are assured and backed by our exclusive guarantee.



BEFORE



AFTER



BEFORE



AFTER

YOUR FIRST STEP
is a no obligation

FREE CONSULTATION

Simply call 780.483.0729 • edmonton@biothera.ca

For more information check online @ www.biothera.ca

BIOThERA
LASER CLINICS

West End Medical Building
Suite #202, 9509 - 156 St.



Super fast.
Super thin.
Superphone.

Samsung GALAXY S II™ 4G

3-yr. term
\$169⁹⁵
SAVE \$430
with a \$50 voice
and data plan

No term
\$599⁹⁵

Introducing the new Samsung Galaxy S II™ 4G superphone. With a dual-core processor and blazing-fast speeds of up to 21 Mbps (expect average speeds of 3.5 – 8 Mbps), you'll be able to surf, stream and share faster than you ever thought possible. It has a stunningly vivid, 4.3" Super AMOLED Plus screen, an 8MP camera and a 1080p camcorder. And all this is packed into a cutting-edge, ultra-slim design. Get it on the best network across Canada and make the most of this superphone.™

Bell being with
Bell just
got better

Available at the following Bell stores

Calgary
4307 130 Avenue SE
403-257-8777
Edmonton
Abbott'sfield Shoppers Mall
780-471-7795

Edmonton
10603 107 Avenue
780-498-8887
Edmonton
Capilano Mall
780-469-3880

Edmonton
17551 100 Ave.
780-498-0069
Edmonton
Northgate Centre
780-478-9815

Offer ends August 3, 2011. Available with compatible devices within network coverage areas available from Bell Mobility. Paper bill charge (\$2/mo) applies unless you register for e-bill and cancel your paper bill. Other monthly fees, e.g., 911 (Plan Brunswick: \$0.53, Nova Scotia: \$0.41, P.E.I.: \$0.50, Quebec: \$0.40) and one-time device activation (\$20) apply. Upon early termination, price adjustment applies, see your Service Agreement for details. 30 days advance notice of termination required when not prohibited by law. Subject to change without notice, not combinable with other offers. Taxes extra. Other conditions apply. (1) With new activation on a 3-yr. term or a post-paid voice and data plan or a post-paid voice plan and a data feature with a min. value of \$50/mo. (2) Actual speed may vary due to topography, environmental conditions, device type and other factors. HSPA+ not available in all areas. Bell Canada. © 2011 Samsung Electronics Co., Ltd. All rights reserved. Based on comparison of national networks. (3) Faster network in more places, according to tests of average upload and download speeds in large urban centres across Canada. (4) Faster network, based on their square km of coverage, and (5) average call feature rate or per min. based on both including network access features. Network calls and dropped calls in large urban centres across Canada. All on the shared HSPA+ (H) network available from Bell. © Rogers HSPA+ network. Excludes roaming partners' HSPA and GSM/EDGE coverage in certain parts of Manitoba. Speed may vary due to topography, environmental conditions, device type and other factors. See Bell.ca/network for details. Samsung Galaxy S II is a trademark of Samsung Electronics Co., Ltd., used in Canada under license. Android and Android logo are trademarks of Google, Inc.

No Shady RATs here, agency says

- ▶ Canadian group denies it was hit by cyber-attacks
- ▶ McAfee report says anyone can fall prey to hacking

The World Anti-Doping Agency says it "has yet to be convinced" that it was one of four Canadian operations targeted in an international hacking scam.

Security firm McAfee named the Montreal-based agency in a report released yesterday, saying its systems were compromised for 14 months starting in August 2009.

McAfee dubbed the hacker scheme Operation Shady RAT, with RAT being a common acronym in the computer industry meaning Remote Access Tool.

The agency concedes there was a breach of its email servers in February 2008, but says it has no evidence of other violations.

Market moment

TSX



+ 63.71
(12,816.03)

Dollar



- 0.25¢
(103.89¢ US)

Oil



- \$1.86
(\$91.93 US)

Natural gas

\$4.090 US
(- 6.5¢)

Gold

\$1,666.30 US
(+ \$21.80)

David Skillicorn of Queen's University says such skepticism illustrates

a stark reality: Most organizations don't know when they've been compromised. He says the McAfee report, which cited 72 intrusions worldwide from the same source over the past five years, was based on reliable research and is probably accurate.

McAfee also says two unidentified Canadian government agencies were targeted, the first in October 2009 for six months and the second in January 2010 for one month.

It says the governments of the U.S., Taiwan, India, South Korea and Vietnam were also on the target list, along with the IOC, the UN and many companies.

THE CANADIAN PRESS

Sears*

MARK DOWN



MASSIVE
\$**50**
MILLION
STOREWIDE
MARKDOWNS
ON FASHIONS
FOOTWEAR AND MORE

clearance prices as marked

WOMEN'S AND MEN'S
TOPS
Starting at
9.99 each

WOMEN'S AND MEN'S
BOTTOMS
Starting at
19.99 each

WOMEN'S, MEN'S
& KIDS'
SANDALS
Starting at
19.99 pair

Selection varies by store.
While quantities last.

NE081G111 © 2011, Sears Canada Inc.

Rough. Trade



▶ A trader works the floor of the New York Stock Exchange yesterday.

JIN LEE/THE ASSOCIATED PRESS

An ill wind blowing

Economic reports released yesterday showed fewer U.S. factory orders, a slowdown in the service industry, and rising supplies of crude and gasoline. The weakening U.S. economy seems to be driving home a message of lower consumption. Without strong consumer confidence to invigorate growth, there is mounting fear on Wall Street that the United States risks sliding into a long-term economic coma.

Deadline extended for TMX takeover

A consortium trying to take over the operator of the Toronto stock exchange is giving investors until Sept. 30 to decide whether they want to tender their shares.

Maple Group Acquisition Corp. said yesterday that it is extending the deadline while it continues trying to get required approvals to purchase TMX Group Inc., and will further extend the deadline if necessary.

Maple has said it expects securities regulators and the federal Competition Bureau to make a ruling by the fall.

THE CANADIAN PRESS

\$3.8B

Maple Group is offering \$3.8 billion to acquire 70 to 80 per cent of the shares of TMX Group Inc.

PARENTAL ADVISORY: CLOCK'S TICKING

HE SAYS ...

JOHN MAZEROLLE
METRO



For their summer vacation my parents have been visiting me in Toronto from Saint John, N.B., and so far I've had a lovely time taking them to restaurants, touring museums and preparing their eulogies.

My parents are only 54, which is young for parents, but 54 is also the average temperature difference between the two cities. In Saint John, a beautiful morning is one where the fog will burn off in time for the evening commute, while in Toronto I've been known to chase refreshing breezes down the street, screaming at them to come back.

So my parents have been attempting to have a good time, largely successfully, despite melting like plastic

"When the switch to caretaker is complete, I plan to make them eat their vegetables and play outside on sunny days, even if their favourite show is on."

army men under a magnifying glass. Dad, in particular, looks like he could do that body-shake dogs do when they've just crawled out of a lake — except instead of laughing playfully the people nearby would run like they were fleeing a nuclear meltdown.

Aside from the risk of Mom and Dad spontaneously combusting, there's also the fact I rarely see them, meaning new ailments they've acquired during the past year come as a

mild shock. My mother has a new knee problem that makes stairs seem like the equivalent of a military rope climb, and my dad's so farsighted now that he holds menus out in front of him like he's driving a go-kart.

They've become my canaries in the coal mine, essentially, telling me which things are going to fall apart on me first.

So I watch Mom and Dad with a blend of admiration and worry, the beginning of that role reversal families go through where eventually the kids are looking after the parents. I fret after every parental wince, as they did for me when I was a kid (presumably).

And as I write this sentence, I haven't heard from them in seven hours and don't understand why they haven't called. Don't they know I'm worried sick? What if they're lost on the streets of Toronto? They won't know what to do.

After all I've done for them.

When the switch to caretaker is complete, I plan to make them eat their vegetables and play outside on sunny days, even if their favourite show is on.

But before the role reversal happens, I also want to say thank you to them, not only because they've been my guides, my support and my friends, but also because I fully expect them to be dead by the end of the week.

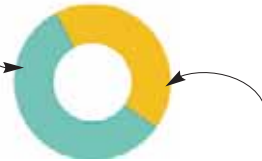
Just remember, readers, that they were kind people, they were good people...



Register at
metropolitanpanel.ca
and take the quick poll

Would you brave Edgewalk at Toronto's CN Tower?

57%
YEP. EASY AS
PIE IN THE
SKY



42%
NOPE. CHICKENS
DON'T FLY FOR A
REASON

Letters

RE: A particle of hope amid tragedy, published July 29.

Mr. Sullivan, you write some pretty glib remarks in your editorials, but I believe your crass remark about Jack Layton as "the champagne socialist" was to be one of the most crass I've read.

Layton is leader of a social democratic party, not socialist. Your flippancy is really quite uncalled for at this time during serious illness.

PEGGY O'NEILL
EDMONTON

RE: Hey — can I get your number? published August 2.

Hi Jessica. You may be very interested in one man's enlightened opinion with respect to women, empowerment, sexuality and the whole "what is a respectable number" debate, including the whole notion of women being perceived as "sluts" for enjoying sex too much.

Look up Johnny Soporno's online web tutorial/videos on being a worthy playboy, where he discusses the societal psychology surrounding women's sexuality. Thanks for the great column today!

DAVID CORMICAN
TORONTO

Cartoon by Michael de Adder



WEIRD NEWS

One little peacock sitting on a wall...

A peacock with a sense of adventure — and a good sense of direction — has flown back home to New York's Central Park Zoo.

On Tuesday, humans flocked and tweeted as the peacock left the zoo for a

perch on a Fifth Avenue window ledge. It had good taste: A condo there reportedly sold for \$22.5 million in 2009.

Zookeepers predicted the handsome green and blue bird would make its way home — and it did just before 7 a.m. local time yesterday.

It's been a rebellious season in the city zoos. In March, an Egyptian cobra was found nearly a week after

it went missing at the Bronx Zoo's Reptile House.

Two months later, a zoo peahen was recovered at a nearby auto-body shop.

THE ASSOCIATED PRESS



► The fly-away peacock

Switch to rewards for everyday and everywhere.



Get up to

55,000

Aeroplan® Miles

INCLUDES LIMITED TIME OFFERS

aeroplan

Here's how the Aeroplan Miles can add up:

10,000 miles¹ with the **CIBC Unlimited®¹ Chequing Account** and the CIBC Advantage Debit Card™. Plus you can earn ongoing monthly miles².

Up to **15,000 miles**³ with a **CIBC Line of Credit**, when you open your CIBC Unlimited Chequing Account.

15,000 miles with the **CIBC Aerogold® Visa Infinite™¹ Card** and ongoing miles for every dollar you spend⁴.

15,000 miles with a **CIBC AeroMortgage®** and ongoing miles with every mortgage payment⁵.



To see what you can redeem your Aeroplan Miles for, scan this code OR text REWARDS to 24220. Standard message rates may apply.

Visit any branch, go to **cibc.com/rewards** or call **1 800 465-CIBC (2422)**. Conditions apply. Offer ends October 31.



For what matters.

¹Open a CIBC Unlimited Chequing Account (UCA) from Jun. 1 – Oct. 31, 2011 (Oct. 17, 2011 if by phone/online), enrol in Aeroplan feature, complete qualifying transactions and make a debit purchase using your CIBC Advantage Debit Card by Dec. 30, 2011. ²To earn miles monthly complete qualifying transactions each month. ³When you open a UCA from Jun. 1 – Oct. 31, 2011 and qualify for UCA Welcome Bonus by Dec. 30, 2011, earn 5,000 Aeroplan Miles when you also open a new unsecured CIBC Personal Line of Credit and set up a Pre-Authorized Payment from Jun. 1 – Dec. 30, 2011 or earn 15,000 Aeroplan Miles when you also open a new secured CIBC Personal Line of Credit from Jun. 1 – Dec. 30, 2011. ⁴Income, other credit criteria apply. Welcome Bonus cannot be combined with any other credit card offer; applies to new, approved primary cardholder; may not apply on transfers/conversions from other CIBC cards; awarded after first purchase; may be changed/withdrawn anytime. Aeroplan Miles earned on net card purchases if card account in good standing. ⁵Welcome bonus only available on CIBC AeroMortgage initial funding or first renewal/conversion. Ongoing miles for interest paid if mortgage in good standing. Other terms and conditions apply to all offers. Ask in branch for details. ⁶Aeroplan, Aerogold and AeroMortgage are registered trademarks of Aeroplan Canada Inc.; CIBC authorized licensee of marks. ⁷Registered trademark of CIBC. ⁸Trademark of CIBC. ⁹Visa Int./lic. user. ¹⁰CIBC For what matters.™ is a trademark of CIBC.

2
scene

Sustainival puts a green twist, flip, and spin on Fringe

► Festival back in Edmonton for full scale launch

BACKSTAGE PASS

JENNIFER LARAWAY
METRO CALGARY



For all those people out there who thinking dreaming big is for kids, I have one word for you: Sustainival.

Joey Hundert was the ripe age of 30 when he thought of the idea. A big kid in his own rite, Hundert's inspiration was straightforward: people love carnivals, carnivals travel all over the world, so why not create the first eco-friendly carnival?

With that, Sustainival (sustainability plus carnival) was born. But, little did Hundert know how much work it would take to make his dream a reality. Executing something on this large of a scale takes jumping through a lot of hoops.

First came securing some cash. Once Hundert



► The zipper is one of the 10 converted rides running on vegetable oil at Sustainival.

had that in place, nothing could stop him. The next step was to start talking — to anyone and everyone that would listen.

Fast-forward six months later, Hundert went from previewing a few rides at the Freezing Man Festival in February to doing a mini-tour of North America in order to test the market. Sustainival passed with flying colours and is back in its hometown of Edmonton

30

DJs are set to perform in the Sustainival DJ Lounge.

for a full scale launch at Fringeopolis, part of the Edmonton Fringe Festival's 30th birthday celebration.

During this wild ride of determination and vision,

Hundert has had a steep learning curve full of valuable lessons.

"Mistakes are costly. We try not to make them," he says coyly.

On a more serious note, Hundert says early success is due to genuinely connecting with people.

"We have a completely pure intent: to excite people about our sustainable future together," he says of the eco-infused entertain-

ment that includes DJs and games with eco-friendly prizes.

"People get that. They understand why what we are doing is so important."

During Fringe (Aug 11 to 21), Sustainival is located near the Armoury on 85 Ave. and 104 St. Tickets are \$73.50 and give you an all-access-ride-pass for the entire 10 days of Fringe. For more information, visit Sustainival.com.

News in brief



Oprah Winfrey, James Earl Jones and makeup artist Dick Smith have been picked to receive honorary Oscars. The Academy of Motion Picture Arts and Sciences says the three will be honoured with Oscar statuettes at the Governors Awards in November.

THE ASSOCIATED PRESS

Plenty of noms to go around

Awards time

- The Gemini Awards will take place over three nights in Toronto beginning with non-televised industry bases on Aug. 30 and Aug. 31.
- They culminate with a televised gala Sept. 7, to be broadcast on CBC-TV.

Kennedys and The Movie Network and Movie Central's Pillars of the Earth each scored 10 nods.

Meanwhile, Bravo's papal drama The Borgias nabbed eight.

MuchMusic's long-running teen soap Degraasi earned several nominations for a much-lauded

season that drew Emmy attention and a Peabody Award earlier this year.

Three of its nominations are for a groundbreaking episode centred on a teen who was born female but lives life as a male.

Other multiple nominees include TMN/Movie Central's Living in Your Car with 10 nods, CBC's 18 To Life with seven, CBC's Being Erica with six, CBC's The Tudors with six and History Television's Ice Pilots with five.

Flashpoint is up for best dramatic series against Bravo's The Borgias, Showcase's Endgame, TMN's Skins and CBC's The Tudors. THE CANADIAN PRESS

27th Annual Caribbean Arts Festival
CARIWEST 2011
JU 2011 WE TAKIN' ADVANTAGE!

August 5th - 7th

Tickets available at: Tix on the Square or
Cariwest Office | #203, 11227 Jasper Ave.

780.421.7800 | CariwestFestival.com



Actor perfects the art of aping

► Andy Serkis is performance-capture technology's king ► New film marks uncharted territory for art



NED EHRRBAR
SCENE@METRONEWS.CA

METRO WORLD NEWS IN LOS ANGELES

If any actor is an expert at performance-capture technology, it's Andy Serkis. Despite popping up as himself plenty of times on screen,

Serkis is best known for inhabiting Gollum in Lord of the Rings and as the big ape himself in King Kong, both for Peter Jackson.

He suits up again for Rupert Wyatt's Rise of the Planet of the Apes as Caesar, a chimp that starts a

revolution.

But as much as he's made a name for himself through performance capture, Serkis doesn't think you should notice. "People aren't so much wanting to celebrate the technology anymore. Really, that's passe. It's something that we need to get over, really," he says.

Maybe Serkis is so over it because he's had more to do with the technology than most actors.

"On Lord of the Rings, my performance was shot on 35mm with all the other actors, then I had to go

and reshoot in the performance-capture volume. There were not many cameras and the markers didn't quite work and the real-time kept breaking

down, so it was very, very early days," he says.

For his latest bit of monkeying around, Serkis donned a motion-capture suit and head-mounted

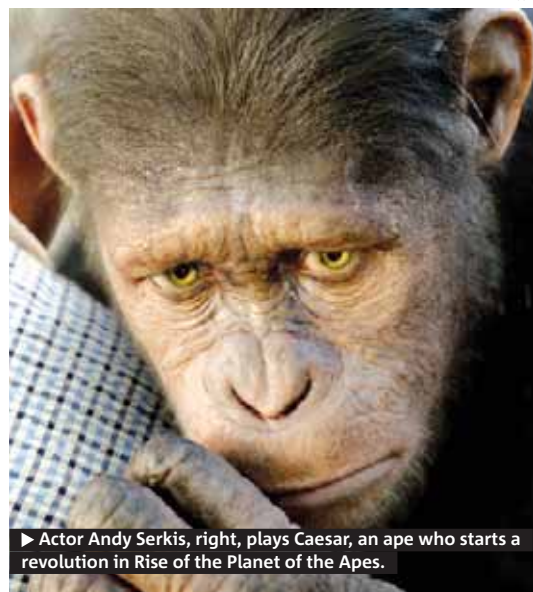
camera rig, interacting on-set with co-stars James Franco and Freida Pinto.

"On Rise of the Planet of the Apes, it's the first time that performance capture

has existed on live-action sets," he says. "We didn't have to go back and repeat anything. We were in real locations with physical sets that were shot on film."



► Andy Serkis



► Actor Andy Serkis, right, plays Caesar, an ape who starts a revolution in Rise of the Planet of the Apes.

LIVE HEALTHY LIVE WELL HOT BUYS



**SlimQuick
Razor**

Weight management
120 caplets - Reg. \$59.99
Hot Buy: \$38.99
Save: \$21.00



**Sports Science LLC
Ripped ABS**

Weight management
120 caplets - Reg. \$59.99
Hot Buy: \$38.99
Save: \$21.00



**CytoGenix
Xenadrine Xtreme**

Weight management
120 softgels - Reg. \$69.99
Hot Buy: \$39.99
Save: \$30.00



**CytoGenix
Xenadrine RZR-X**

Weight management
120 softgels - Reg. \$69.99
Hot Buy: \$39.99
Save: \$30.00



**Revolution
Ab-Cuts**

Weight Management
120 softgels - Reg. \$59.99
Hot Buy: \$39.99
Save: \$20.00



**Women's WELLbeING
beWHOLEsome**

Women's nutrition vitapak
30 days - Reg. \$69.99
Hot Buy: \$29.99
Save: \$40.00



**Women's WELLbeING
beENHANCED**

Women's nutrition
60 softgels - Reg. \$24.99
Hot Buy: \$9.99
Save: \$15.00



**Progressive
PhytoBerry**

Antioxidant
900 g - Reg. \$79.99
Hot Buy: \$53.99
Save: \$26.00



**Scientific Nutrition
Omega Essentials 3-6-9**

Essential fatty acids
90 softgels - Reg. \$16.99
Hot Buy: \$9.99
Save: \$7.00



**MuscleTech
naNO Vapor**

Pre-workout
908 g / 2 lb - Reg. \$79.99
Hot Buy: \$44.99
Save: \$35.00



**PVL
Iso Gold**

Isolate protein
2.2 kg / 5lb - Reg. \$114.99
Hot Buy: \$65.99
Save: \$49.00



**Kaizen
Ephedrine Pouch 8 mg**

Natural remedy
2 x 50 tablets - Reg. \$6.99 ea.
Hot Buy: 2 for \$7.49
Save: \$6.49

Sports nutrition
Mix & match BOGO 50% off



SALE
Buy 1 50% off
Get 1 50% off

GNC
LIVE WELL.

Visit www.gnc.ca for the location near you
170 locations coast to coast

* Hot Buys offer valid August 4 to 15, 2011. Offer is limited to quantity on hand. Lowest price guarantee is based on nationally advertised pricing. Sorry no rain checks. 20% GNC Gold Card discount and BOGO do not apply to our already low Hot Buy priced items. **BOGO: 50% discount is applied to the lower priced product. See sales associates for details and participating products and brands.

HOME PHONE

UNLIMITED WORLDWIDE CALLING
NOW INCLUDING
INDIA



Our Best Offer

\$29⁹⁵
/month



✓ **Unlimited Calling to Almost 60 Countries**



and much more...

✓ **All Features FREE!!**

- Voice mail
- Call Waiting
- Caller ID
- and much more...

Limited Time Offer! This Week Only!

Satisfaction Guaranteed

If you're not 100% satisfied, YOU PAY NOTHING!

6 MONTHS FREE



1-866-769-9604

www.comwave.ca

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. HOME PHONE LINES: VoIP 911 has certain limitations versus traditional 911. The 6 Month Free Promotion and the rate of \$29.95 is based on a 3Yr term. You have a 30-Day Satisfaction Guaranteed period. If you are not 100% completely satisfied, you may terminate the service anytime within 30 days with no further obligation. You will receive 6 months free service if you transfer your phone number from your existing provider to Comwave in the first 30 days. Terms and conditions apply. See www.comwave.ca for details.

LONG DISTANCE

LOWEST LONG DISTANCE RATES TO THE WHOLE WORLD

GUARANTEED!



**Make Long Distance and OverSeas
Calls From your
Home or Cell Phone**

At our **GUARANTEED LOWEST RATES!**



from
3.9 ¢/min



Bangladesh

from
5.9 ¢/min



Iran

1.9 ¢/min



Romania

7.9 ¢/min



Ukraine



Australia.....1.9 ¢/min	Israel.....1.9 ¢/min	South Korea.....2.9 ¢/min
Bosnia.....13.9 ¢/min	Italy.....1.9 ¢/min	Sri Lanka.....9.9 ¢/min
China.....1.9 ¢/min	Lebanon.....7.9 ¢/min	Trinidad.....4.9 ¢/min
Colombia.....from 3.9 ¢/min	Mexico.....from 1.9 ¢/min	U.A.E.....14.9 ¢/min
Cuba.....89.9 ¢/min	Pakistan.....5.9 ¢/min	U.K.....2.9 ¢/min
El Salvador.....9.9 ¢/min	Philippines.....11.9 ¢/min	Vietnam.....4.9 ¢/min
Germany.....1.9 ¢/min	Poland.....1.9 ¢/min	Serbia.....7.9 ¢/min
India.....2.9 ¢/min	Russia.....from 1.9 ¢/min	

If the country you call is not on this list or our advertised rates are higher than what you are currently paying... that's no problem. Call today and we'll beat what you're paying with your current provider... **GUARANTEED!**

**Unlimited
Canada**

Unlimited Calling to Anywhere in

CANADA

Available on your home or cell phone.

\$5
/month



**1cent to
India**

Calling India at only 1 cent per minute. (Land and mobile included).

\$10 /month **1000** Minutes per Month = **1¢**

1¢
/MIN



1-866-769-9604

www.comwave.ca

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. Rate guarantee is based on competitor's lowest advertised rate for like services. Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. The India 1000 Bundle carries a monthly fee of \$2.99. Bundles cannot be shared by more than one line. Unused minutes from one month do not carry over to the next month. Minutes in excess of 1000 minutes will be billed at our lowest rate guaranteed. Calls to Overseas Mobile Phones may be billed at a higher rate. Terms and conditions apply. See www.comwave.net for details.

Winehouse had big plans for the future, says source

► Troubled singer wanted to marry, have children with boyfriend

Amy Winehouse had lots of plans for the future when her life came to an end last month.

Aside from her plans to adopt a young girl from St. Lucia, the tragic singer was reportedly planning to marry boyfriend Reg Traviss, according to the Sun.

"Amy was adamant about sorting herself out. Reg's proposal made her even more determined. She didn't want to carry on the way she was," a source says.

"She wanted nothing more than to be his wife and to start a family with him.

"She wanted to get rid of her demons so badly."

Winehouse, who had



► Amy Winehouse was determined to clean up her life, says a source.

struggled with drug and alcohol abuse, was found dead in her Camden, Lon-

don home on July 23.

An autopsy could not establish the cause of death.

Winehouse was 27 at the time of her death.

● METRO

ALL PHOTOS GETTY IMAGES

Glee star dishes on looks

Glee star Lea Michele is the first to admit she doesn't have the most conventional Hollywood look.

"I'm 5-foot-3. I don't look like a lot of other people, you know what I mean? I look like I'm 12," the 25-year-old actress tells Harper's Bazaar in an interview.

"How many managers told me, 'Get a nose job. You're not pretty enough?'"

"But I proved them wrong," she says.



► Lea Michele

PSSST...
DOWNLOAD YOUR
FREE METRO
ANDROID APP HERE



Android is a trademark of Google Inc.

YOU COULD

WIN

a trip to
Toronto to see

NICKI MINAJ

in concert on

August 14th at the ACC!



VISIT
club
metro
.COM
TO ENTER

AVAILABLE NOW

To register and for full contest details visit clubmetro.com

Janet engaged

Janet Jackson is reportedly engaged to Qatari businessman and billionaire Wissam Al Mana — and has been for almost a year, according to Holliscope.

Sources say the secret proposal happened last year, but Jackson was in the middle of a tour and wasn't ready to go public with it yet.

"Janet's telling friends that an official engagement will come by summer's end, and that she and Wissam will marry in late 2011," says a



► Janet Jackson

source close to the singer.

● METRO

Fawcett's son arrested for heroin possession

Redmond O'Neal, son of Ryan O'Neal and Farrah Fawcett, is in hot water again, having been arrested for heroin possession in Santa Monica, according to Radar Online.

Police sources say they witnessed O'Neal engaged in an argument at a store.

After the argument, he

got into his car and ran a red light.

Police then pulled him over and searched his car, where they found the narcotics.

He was held without bail.

O'Neal has a history of drug-related charges.

● METRO

Lautner buys new ride

Twilight star Taylor Lautner was reportedly walking by a Mercedes-Benz dealership in L.A. recently when he spotted a silver 2012 SLS AMG sports coupe.

The actor dropped more than \$200,000 on

the car the same day. ● METRO

Celebrity Tweets



"Omg, I'm so embarrassed, paparazzi just blinded me with flashes again, as I was walking into dinner. They pushed me and I tripped :("
@lindsaylohan

Pain can be a gift just not yet revealed. It all depends on how you choose to react to it.
@mrskutcher



@DonaldGlover

"My twitter muscle has atrophied."



All the auto-tune in the world still doesn't sound as cool as talking into a desk fan.
@SethMacFarlane

It's summer outside, but it's fall in the mall

► How to sport a style that reflects the very best of both seasons ► Lightweight layers are key

Officially, summer has weeks left on the calendar, but retailers have begun the transition from lightweight and lighthearted vacation clothes to the more dressed-up, sophisticated styles that come with fall fashion.

The tricky part, they say, is that while it's good to infuse the excitement of a new season into stores, shoppers can be so enthusiastic about their new purchases they want to be able to wear them right away.

That can be a problem when traditional fall looks — think sweaters, long trousers and outerwear — might not be suited to the dog days of August.

The solution? Lightweight layers in a deeper, more autumnal colour palette.

"The consumer in general is forward looking but wants instant gratification," says Barclay Resler, vice-president and head of visual management for Esprit.

You can do that with a pretty chiffon blouse, he suggests, or a



KOHL'S



ANN TAYLOR



KOHL'S



THE CHILDREN'S PLACE

short-sleeve knit dress, maybe with some buckle detail at the waist.

Lisa Axelson, head designer of Ann Taylor, has already worn her sleeveless trench — with a silk blouse and cropped black pants — but it'll go with flannel trousers and long gloves later. It is "the perfect wear-now-and-layer-later piece," she says.

Fabric choices are very important, says Banana Republic creative director Simon Kneen, a fan of tropical-weight wool. "It's designed for tropics. It's airy, and the weave is more open, but it will look refined. It has a hand touch that drier and cooler, but you can have it in a dress,

trouser, skirt, jacket — and those are the foundations of your fall closet."

Lightweight chambray denim serves the same purpose for more casual pieces.

Navy is a favourite transitional colour for Resler because it plays crisp and clean against white pants, but more luxurious with

high-waisted trousers in grey, camel or brown. A ruffled, navy-and-white dot blouse in stores now has it all, he says, a cheerful vibe to finish out the summer, but ladylike enough to carry through the year.

Warm shades of orange, amber and green are trends at Kohl's for fall, but they're not dark colours, either, so they fit into a variety of weather landscapes, says David Hacker, vice-president of trend and colour.

Kneen says Banana Republic — and he imagines other retailers, too — has learned to work in the mindset of many mini-fashion seasons filled with versatile pieces instead of sweeping in with major

"The consumer in general is forward looking but wants instant gratification."

BARCLAY RESLER
VICE-PRESIDENT OF ESPRIT

changes twice a year.

As a children's retailer, The Children's Place switched to its back-to-school merchandise in the middle of July to capitalize on the shopping-spree days before kids go back to class.

However, says Michael Giannelli, senior vice-president of design, all he needs to do is walk outside to be reminded that "fall is really a summer delivery."

THE ASSOCIATED PRESS



JC PENNEY

Becks and H&M team up

David Beckham is getting a new set of teammates through a long-term partnership with H&M. The Swedish chain says the long-term alliance will allow the British athlete to produce and exclusively sell his bodywear line in some 1,800 stores and in about 40 countries worldwide.

THE CANADIAN PRESS



Grace Coddington's story from the front row of fashion will be told in a memoir

STAPLES copy&printcentre

BUY FOR \$12.58

WagJag.com DEAL OF THE DAY!

52% off Custom Photo Book

HIGHLIGHTS

- 20-page book (add up to 6 more pages for 99 cents each).
- Easy-to-use online application.
- Professionally bound.
- Heavy weight paper, matte finish.
- Pick up at any Staples Copy & Print Centre in Canada.

Regular Price: \$26.24

You Save: \$13.66

Discount:

52%

Cook up a new kitchen

- Not just for dining and entertaining, this room is the heart of any home
- Short on cash? Concentrate on improvements that are visual and easily changed

DESIGN CENTRE



KARL LOHNES
LIFE@
METRONEWS.CA

Q: I have just moved into a condo that is 12 years

old. I'd like to update the kitchen and am on a tight budget.

- Samantha, Halifax

Updating a tired kitchen is not only a great way to modernize your home (especially in an open-concept space) but to add re-sale value to your investment.

I usually recommend a full re-do about every 10 to 15 years for a kitchen.

Once one thing starts to break down or look outdated usually everything else follows within a few years.

These ideas should allow your kitchen to feel modernized for another five years or so.

Countertops: Replacing the countertops will help update the old kitchen cupboards and change the



▶ ATTEST knobs from Ikea



▶ ENA 9 One Touch

overall feel of the kitchen.

Look for a trend-setting counter to add a modern look to the room.

Consider non-shiny matte finishes and oiled soapstone for a dramatic look (blends nicely with appliances) or carrara marble for a lighter look — the carrara is great if your kitchen has white appliances.

Check wilsonart.com for fashionable laminate countertop options.

Hardware: Old colonial-



▶ Keep in mind that most condo buildings have strict renovation rules even for cosmetic changes like tiles, flooring and countertops.

styled brass hardware will instantly outdate your kitchen cupboards.

I suggest replacing them with knobs or pulls with a sleek design in a sliver metal finish to update the kitchen.

My favourite are the ATTEST Knob from Ikea, which are excellent value at \$7.99 for a two-pack!

A few stainless countertop appliances: If major stainless steel appliances are not in

your budget, invest in a few useful countertop appliances to help offer an updated look to the kitchen.

Depending on the size of your kitchen, a new coffee machine, blender and toaster will add sparkle and modernization.

My dream machine these days is the high-end ENA 9 espresso maker by Jura. It will definitely give a luxurious look to any kitchen.

Focal wall and backsplash: Consider applying peel-and-stick vinyl tiles onto the walls rather than floors.

They are waterproof and extremely durable and inexpensive way to add pizzazz to boring walls or backsplash.

Vinyl tiles usually come in 12-by-12 inches and are easily cut and applied. At \$1 to \$4 per square foot, they are a great way to change an outdated backsplash.

Shine a little light

Under cabinet lighting will instantly give your updated kitchen a designer look.

- ▶ Easy, plug-in lighting kits are available at most home improvement retailers.
- ▶ Screw a string of lights under the upper cabinet and plug it in — your counters will glow with style.

Choose a colour/style of tile that blends well with the cupboards.

Classic travertine or sandstone looks will keep guests assuming that you have the real thing on the walls.

This idea equally looks great on a blank galley wall in a kitchen or bathroom.

Home Depot's assorted Tarkett vinyl tiles offer textured vinyl tiles that look just like real stone.

GOT A DECOR QUESTION FOR KARL? SEND YOUR QUESTION TO: LIFE@METRONEWS.CA. DON'T FORGET TO INCLUDE YOUR NAME AND TOWN/CITY, AND ANY PHOTOGRAPHS. WE REGRET THAT KARL CANNOT ANSWER ALL QUESTIONS SUBMITTED.

LADIES, FOR THE LOVE OF MEN, PLEASE RENAME THIS COLOUR.



Cuddle



The colour she wants with a name he'll agree to.

For a chance to win, rename a colour at [facebook.com/cilpaints](https://www.facebook.com/cilpaints)



\$10 OFF

PURCHASE OF CIL SMART³

Print a coupon at
[facebook.com/cilpaints](https://www.facebook.com/cilpaints)

& WIN

\$10,000

ULTIMATE HOME THEATRE

Powered by **Klipsch**

Some restrictions apply,
see [facebook.com/cilpaints](https://www.facebook.com/cilpaints) for details.

Smarten up your space

► Geek is the new chic when it comes to decorating ► Inject some math and science into your surroundings

You don't have to be a lab nerd to appreciate the esthetic appeal of many aspects of science.

There's something graphically poetic about a blackboard full of math formulas. Laboratory vessels epitomize simple yet elegant purposefulness.

And more broadly, so many of the sciences — astronomy, geology, chemistry, for example — are filled with elements that can be interwoven into a

COOLSTUFFEXPRESS.COM/THE ASSOCIATED PRESS



► Kinetic Motion rolling ball clock

room's decor for a look that's offbeat and chic.

Pottery Barn has some interesting early 20th century Romanian tonic and elixir bottles with cool labels that would make an interesting display.



► Pop Quiz

At Think Geek, there's a clever cocktail set that includes an Erlenmeyer flask and test-tube shot glasses, plus a glass mixing rod — eighth-period chemistry was never this fun.

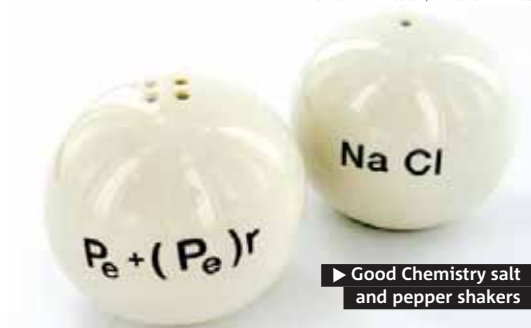
There's a chalkboard-style wall clock with the hours depicted in mathematical formulas, which will either fascinate or frighten your household's time watchers.

Find here too a glass beaker mug for the morning's brew of hot trimethylxanthine.

A kinetic motion clock with steel rolling balls — a real "time machine" — is at CoolStuffExpress.com.

Porcelain shakers labelled with salt and pep-

COOLSTUFFEXPRESS.COM/THE ASSOCIATED PRESS



► Good Chemistry salt and pepper shakers

per's chemical names would make a fun gift.

For earth science lovers, consider Plantation Goods' amethyst crystal bowls and

spheres — unusual and beautiful collector's items.

Aspiring entomologists will love the intricately carved bone insects and sea crea-

tures.

Gallerie is stocking glass-coated canvas photoprints like James McLaughlin Way's Anvil No. 9, a star-

ling photograph of a thunderhead above a grain field — wonderful for a weather lover.

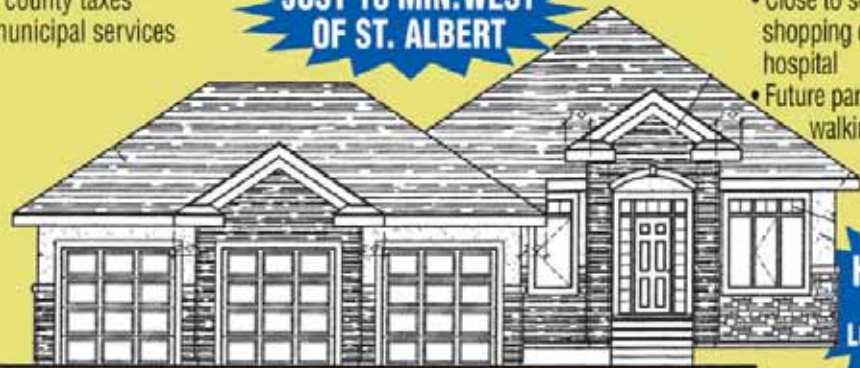
THE ASSOCIATED PRESS

country living... in style

- Low county taxes
- All municipal services

JUST 10 MIN. WEST OF ST. ALBERT

- Close to schools, major shopping centre and hospital
- Future park & lake with walking trail



HURRY!
ONLY 18
LOTS LEFT!

- 1/2 acre estate lots
- 1688 sq. ft. bungalow with fully finished basement
- Triple oversized garage
- Hardwood, ceramic and granite throughout
- 3 bedrooms, 2.5 bathrooms
- Media & game room

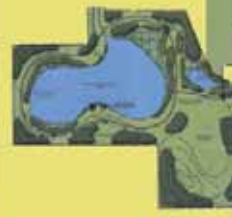
FRONT ELEVATION

\$749,000

Incl. house, lot & GST

OPEN HOUSE SAT. & SUN. NOON-5 PM
Directions North Hwy 2 to RR544 (5 min) Turn Left (Follow Signs)

IMMEDIATE POSSESSION!



EARLY
BIRD
NO GST!

- Custom 2668 sq. ft. two storey
- 3 bdrms plus den, 2.5 baths
- Jacuzzi, steam shower, 2-sided fireplace ensuite
- Huge kitchen with granite and ceramic countertops
- 6 appliances
- Dolby digital sound system

- Stunning rock fireplace in living area
- Air conditioning
- Central vacuum
- Alarm system
- Oversized triple garage

All for **\$879,000** (House, lot & GST)



Service Directory

To advertise call 780-702-0592

FINANCIAL

MoneyProvider.com

\$500 Loan

and more

Fast, easy and secure

1-877-776-1660

www.moneyprovider.com

NEED MONEY?

✓ No credit checks

✓ Fast approvals

Call 888-499-5629

And get cash now!!

www.mynextpay.com

For more information, call
Van Vuong 780-887-7008
Chris Oram 780-298-5800



VSD
Custom Homes And
Development Corp.

VISIT US AT OUR WEBSITE



Impress your ma in-law

- Home improvements she actually will notice
- Create a more elegant and welcoming house

DIY IDEAS

They say “mothers know best” but this goes beyond just maternal wisdom and into the basics of how to manage a home.

When preparing for a visit, put down the duster and add these items to impress the one person with often the most discerning eye.

Crystal candleholders

Just like a valuable diamond bracelet that makes a whole outfit pop, so too does a treasured home accessory.

Whether crystal candleholders or antique table lamps, a mother always

picks up on the embellishments that show good taste. Scatter such items around the space for a sophisticated look.

Framed family photos

Whether preparing for guests or decorating a home, it's important to remember that a home is not a hotel — it needs to be personal.

When entertaining, serving you-know-who's favourite dish or having a photo of her placed prominently in a room can often do more than any other preparation, warming up a room and... a mother-in-law's heart.

The well-dressed window

When designing a home, both interior designers and

seasoned homeowners know, the well-dressed window goes a long way towards making a room look truly finished.

To get the mother-in-law to say “wow,” try Hunter Douglas Pirouette window shadings for a beautiful new option in light control. This window treatment features soft horizontal fabric vanes attached to a single sheer backing.

The vanes can slide into a flattened position for superior light blockage and a smooth look, be partially opened for a contoured look with privacy or fully opened for a soft-focus view and gently filtered light with UV protection.

Forget about flat screens,



update kitchen appliances

While many men can determine the size of a flat screen by a quick glance, when it comes to most women, they will often eye the brand of an oven before determining if a TV is

HD. If you can make major updates, try an item that is sure to be noticed such as a Sub-Zero refrigerator or a new Viking, Wolf or gourmet La Cornue range.

NEWS CANADA

CHARLES THE BUTLER



ASKCHARLES
THEBUTLER@
METRONEWS.CA

FOR MORE, VISIT
CHARLES
MACPHERSON.COM

Question:

Hi Charles!

I read your advice where you suggested cleaning with a solution of 50/50 water to white vinegar. Is this correct? That seems to be a lot of vinegar.

Edda Loomes

Answer:

Dear Ms. Loomes,

The solution of 50/50 for water to white vinegar is a very good Multi-purpose cleaner.

It may sound like a lot of vinegar, but this is in fact the correct formula.

GOT A QUESTION? EMAIL
CHARLES@THEBUTLER@METRONEWS.COM



Blooming Brilliant!

Walker Lakes is a new & growing community in South Central Edmonton.

Perfect for the family looking for everything:

- Walk to K to 9 school and Public transit at your door step
- Minutes to the Anthony Henday, South Edmonton Common & community centre



Towns from the
\$260's

AviUrban 780.410.2060
Landmark Communities 780.702.3124
Park Homes 780.710.6624



Duplex from the
\$300's

Greenboro Homes 780.702.6193
Lincolnberg Homes 780.995.8842
Sterling Homes 780.756.6029



Single Family Detached Garage
from the low **\$300's**

Lincolnberg Homes 780.472.8144
Landmark Legacy Homes 780.702.8939



Single Family Homes from
the **\$350's**

Cameron Homes 780.637.5855
Greenboro Homes 780.702.6193
Lincolnberg Homes 780.634.1129
Sterling Homes 780.756.0723
Pacesetter Homes 780.756.6302



FOR PRINTABLE DRIVING DIRECTIONS VISIT:
www.walkerlakes-station.com

Thinking outside the pot

► A well-planted terrarium can thrive for many years, provided you have the right materials and location

Remember those old elementary-school terrariums — lidded aquariums filled with plants or plastic soda bottles growing science projects?

Today's aquariums are chic and rule-busting, popping up in interior design and gardening stores.

They now include many different materials and plants. In fact, today's miniature worlds under glass can be simple still lifes — no living parts need participate.

That's some kind of easy. "There's a little maintenance to it, but it's very, very low maintenance," says Amy Bryant Aiello, who owns a terrarium shop, Artemisia, with her husband, Michael Aiello, in

Portland, Ore. She also wrote a book, *Terrarium Craft* (Timber Press, 2011), that includes how-to steps for building a beautiful and long-lasting terrarium, and 50 projects for inspiration.

She uses materials including mosses and lichen, quartz crystals, river rocks, seashells, glass pebbles and driftwood.

"The idea is to play with the materials and enjoy the process itself," Aiello says in her introduction.

Instead of the traditional layering of rock, charcoal and soil in a terrarium, Aiello uses high-quality sand. She leans toward the many-coloured, sterile sands, often layered with pebbles or shells, for their visual impact through clear glass.

What to plant

Some plants, such as ferns, prefer bright, indirect light, whereas a succulent, such as cactus, prefers a stronger, direct light.

- Air plants, which don't root in soil and are handily watered — with a good soaking every week or two — do well in terrariums, Aiello says.
- Houseplants in five- to 10-centimetre pots work best.

"When people come into my shop, it's filled with all these beautiful things from nature, and it feeds something in them that nothing else can," she says.

THE ASSOCIATED PRESS



► This pear-shaped terrarium houses both living and non-living components



► Terrariums today can be open, allowing for air to flow freely.



► A glass cloche shelters moss, stones and two species of peperomia.

DOT SALE

30% OFF

40% OFF

50% OFF

60% OFF

Save up to 60% throughout the store. Take advantage of great savings during this annual storewide clearance event.

www.Cottswood.com
3805 99th St Edmonton AB, 780.440.2501

URBANE

BY COTTSWOOD INTERIORS

Weekly Cookbook



Especially during the summer, you want to enjoy life's sweeter side without tipping the scales. That's where *Sweet & Skinny* by Marisa Churchill (Clarkson Potter, 2011) comes in.

In her debut book, Churchill, a pastry chef, presents 100 low-fat recipes (including 25 sugar-free variations).

Among the recipes are: Red Velvet Cupcakes, Boston Cream Pie, Coconut Cake, Chocolate Peanut Butter Cups, Pecan Sticky-Bun Coffee Cake and many others.

Bring on the healthy fat

► Salmon's unsaturated fats are key to its moist texture ► Team it with a mushroom hash



MATTHEW MEAD/ THE ASSOCIATED PRESS

► The earthy flavour of the shiitake mushrooms with shredded potato complements the fish.

Though relatively high in fat, salmon is a great choice for a healthy diet.

That's because salmon's fats fall mostly in the good-for-your-heart unsaturated category. Which is a happy coincidence, because that

fat happens to be key to salmon's moist texture and rich, indulgent flavour. The oils also make it hard to overcook.

So for a simple and healthy summer dinner, we've paired salmon with

a mushroom hash. The earthy flavour of shiitake mushrooms mixed with shredded potatoes complements the rich fish. And a touch of soy sauce lends a pleasantly salty touch to cut through the oil.

Salmon with Shiitake Mushrooms

Preparation:

1 In large sauté pan over high, heat 15 ml (1 tbsp) of the olive oil. Add mushrooms and sauté until well-browned, about 10 minutes. Lower heat to medium-high, then add the shallots and onion. Sauté for 6 to 8 minutes, or until the onion becomes soft. Add the potatoes and continue to cook until the potatoes are tender and beginning to brown. Season with the soy sauce and black pepper.

2 In another large sauté pan over medium-high, heat the remaining tablespoon of olive oil. Cook salmon fillets for 5

Ingredients:

- 30 ml (2 tbsp) olive oil, divided
- 175 grams (6 oz) shiitake mushrooms, stemmed and sliced
- 2 shallots, chopped
- 1 small red onion, chopped
- 2 small red potatoes, grated
- 30 ml (2 tbsp) low-sodium soy sauce
- Ground black pepper, to taste
- Four 125-gram (4-oz) salmon fillets
- 1 scallion, thinly sliced

minutes per side, or to desired doneness. Serve each piece of salmon with the shiitake hash. Top everything with a sprinkling of scallions.

THE ASSOCIATED PRESS

SALES REPRESENTATIVE

Metro Edmonton is seeking an aggressive, results-oriented Outside Advertising Sales Representative.

The ideal candidate will utilize creative strategies to customize a broad range of advertising options to support clients in achieving their business objectives. Sales representatives must possess the flexibility and poise necessary to reach out and develop relationships with local businesses. In addition to a full benefits package and dynamic work environment, Metro offers results-oriented sales representatives the opportunity to achieve high rewards for successful performance.

REQUIREMENTS OF THE POSITION:

- Minimum 2 years of demonstrated success in advertising sales or business-to-business sales
- Excellent networking, organizational and time management skills
- Outstanding verbal and written communication skills, including proficiency with Internet and email.
- A self-motivated desire to develop new business
- Some college education or relevant post-secondary training

Individuals interested and having the skills described are requested to submit their resume and cover letter via email to hr@metronews.ca no later than August 5th, 2011. PLEASE QUOTE: "SALES REPRESENTATIVE - EDMONTON" in the subject line. All submissions will be treated as confidential.

metro

A fresh berry taste

THE CANADIAN PRESS/ FOODLAND ONTARIO



Fresh peas in this salad are combined with wheat berries. These 'softened wheat kernels' are a tasty and economical change from rice or pasta.

Preparation:

1 In a large saucepan, bring wheat berries and

at least 2 l (8 cups) water to a boil; reduce heat and simmer, covered, for 1 1/2 hours or until tender. Add peas; simmer for 2 minutes. Drain and rinse well in colander. Set aside in colander to continue to drain.

Ingredients:

- 250 ml (1 cup) wheat berries, rinsed
- 250 ml (1 cup) peas
- 250 g (8 oz) slab bacon, about 2.5 cm (1 inch) thick

- 45 ml (3 tbsp) lemon juice
- 15 ml (1 tbsp) honey
- 0.5 ml (1/8 tsp) hot pepper flakes
- 125 ml (1/2 cup) chopped red onion
- (1/2 cup) chopped fresh

2 Meanwhile, cut bacon into bite-size pieces. Cook in a skillet over medium-low heat until lightly crisped; drain on paper towel-lined plate. Keep warm.

3 In a large bowl, whisk together lemon juice, honey and hot pepper flakes. Add drained wheat berry mixture, onion and coriander; toss well. Season with salt and pepper. (Salad can be prepared up to 24 hours ahead; cover and refrigerate. Serve at room temperature.)

4 Line 4 dinner plates with arugula. Top with wheat berry mixture and warm bacon pieces. Garnish with tomato halves and, if desired, fresh mint leaves.

THE CANADIAN PRESS/ FOODLAND ONTARIO

- coriander
- Salt and pepper, to taste
- 1.5 l (6 cups) arugula
- 500 ml (2 cups or 1 pint) cherry tomatoes, halved
- mint leaves (optional)

Canadian aids NFL teammate who suffers seizure

Canadian rookie lineman Danny Watkins put his first-aid skills to good use yesterday when a Philadelphia Eagles teammate suffered a seizure at training camp.

Watkins, a trained firefighter from Kelowna, B.C., provided assistance when defensive tackle Mike Patterson dropped to the ground at morning practice and started violently shaking. Patterson was also tended to by team trainer Rick Burkholder and his staff before being transported to Lehigh Valley Hospital.

The six-foot-one, 300-pound player is stable and was scheduled to undergo further tests, Burkholder said.

Patterson, 28, was the Eagles' first-round pick out of USC in 2005. He's started 84 games and played in 95, the most of anybody on the current roster.

Watkins, 26, has played just four years of competitive football.

He took up the sport while studying firefighting science at Butte Community College in Northern California in 2007.

"You never want to see a player go down like that," Watkins said.

"The staff said he's going to be fine. Hopes and prayers are going to be with him tonight."

Patterson's agent JR Rickett said in a statement that the player is "in no pain and doing well."

THE ASSOCIATED PRESS



► Jaden Schwartz kisses his sister's urn during a funeral for Mandi Schwartz in Wilcox, Sask., on April 8.

Sister's death shapes young hockey player

► Jaden Schwartz works through grief of losing sibling to cancer while he attends the Canadian junior team's summer camp in Edmonton

Jaden Schwartz views the world through a different lens than many other hockey players his age.

In conversation, Schwartz seems older than his 19 years. Watching his sister Mandi succumb to cancer earlier this year changed his perspective on his life.

Hockey is important to him, as it was to Mandi. Schwartz fractured his ankle in the second game of world junior hockey championship in Buffalo, N.Y., this year and watched from

the sidelines as the Canadian team collapsed in the third period of the gold-medal game and lost to Russia.

That stung, but Mandi was fighting for her life at home in Wilcox, Sask., while he was at the tournament.

"Obviously me getting hurt, that's nothing compared to what she went through," Schwartz said. "Obviously the loss is tough for everybody and it's a learning experience, but when you see Mandi go

through that, it puts things in perspective and you know what's most important in life.

"It really changes you in a different way."

Mandi, who played for the Yale Bulldogs women's hockey team, died April 3 of leukemia at the age of 23. Schwartz, brother Rylan — a teammate at Colorado College — and parents Rick and Carol are working through their grief this summer.

"It's obviously been tough," Schwartz said.

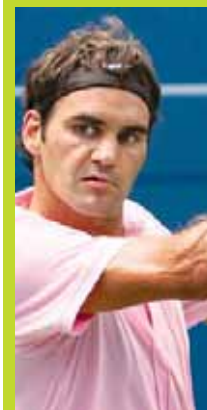
"Without family and friends, I don't know if it's possible to get through something like that. I can't even start to explain how much it means to us."

"Mandi helped us a lot too, knowing how strong she was and how she supported us. I know she wouldn't want us to be sad all the time and down. She'd want us to keep on trucking. Her favourite motto was 'struggle and emerge' and that's what we're trying to do."

THE CANADIAN PRESS

4
sports

Quoted



"Clearly I think it's a bit unfortunate for Canada to have two big events like this at the very same time. But I guess it's sometimes what it is."

ROGER FEDERER, WHO IS NOT A FAN OF THE ROGERS CUP'S NEW FORMAT THAT WILL SEE TORONTO AND MONTREAL EACH HOSTING TOURNAMENTS AT THE SAME TIME INSTEAD OF OVER BACK-TO-BACK WEEKS. IT'S PART OF A WTA TOUR AND ATP TOUR INITIATIVE FOR A HANDFUL OF TOURNAMENTS THIS SEASON, WHERE MEN'S AND WOMEN'S DRAWS WILL BE COMBINED INTO ONE EVENT.

Illegal poker probe for A-Rod

Major League Baseball plans to interview Alex Rodriguez as it investigates allegations the New York Yankees star took part in illegal celebrity poker games.

MLB said in a statement yesterday: "We take this very seriously and have been investigating this matter since the initial al-

legation. As part of the investigation, the commissioner's office will interview Mr. Rodriguez."

Star Magazine reported last month that several people saw A-Rod playing at one of the games hosted at Hollywood hotels and private residences; his spokesman denied then that he participated.

MLB said then that the report was the first the commissioner's office had heard about the accusation and baseball officials would look into the matter.

A spokesman for the Yankees declined comment when asked about Rodriguez.

THE ASSOCIATED PRESS

Sports in brief

Lions swing deal for Bruce

CFL. The B.C. Lions are gambling veteran receiver Arland Bruce will give them a spark to help the struggling team turn its season around.

B.C. obtained Bruce from the Hamilton Tiger-

Cats yesterday in a trade for a third-round draft pick in 2012 and an additional conditional selection.

The Lions, the CFL's only winless team at 0-5, are hoping Bruce brings some veteran experience to a young receiving corps that has dropped passes at critical times.

Bruce is expected to play slotback along with Geroy Simon.

THE CANADIAN PRESS

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Boston	68	41	.624	—
New York	67	42	.615	1
Tampa Bay	57	52	.523	11
Toronto	56	54	.509	12½
Baltimore	43	64	.402	24

CENTRAL DIVISION				
	W	L	Pct	GB
Detroit	59	51	.536	—
Cleveland	54	54	.500	4
Chicago	52	57	.477	6½
Minnesota	50	59	.459	8½
Kansas City	47	63	.427	12

WEST DIVISION				
	W	L	Pct	GB
Texas	61	50	.550	—
Los Angeles	60	50	.545	½
Oakland	49	62	.441	12
Seattle	48	62	.436	12½

Yesterday's results
Seattle 7, Oakland 4
Detroit 5, Texas 4
Boston 4, Cleveland 3
Tampa Bay 9, Toronto 1
Kansas City 6 Baltimore 2
N.Y. Yankees 18 Chicago White Sox 7
Minnesota at L.A. Angels
Tuesday's results
Detroit 6 Texas 5
Boston 3 Cleveland 2
Toronto 3 Tampa Bay 1
Baltimore 8 Kansas City 2
N.Y. Yankees 6 Chicago White Sox 0, 7 innings
L.A. Angels 5 Minnesota 1
Seattle 4 Oakland 2
Today's games
Toronto (Cecil 4-4) at Tampa Bay (W.Davis 8-7), 12:10 p.m.
Texas (Ogando 10-5) at Detroit (Penny 7-8), 1:05 p.m.
Cleveland (Masterson 8-7) at Boston (Bedard 4-7), 7:10 p.m.
Baltimore (Britton 6-8) at Kansas City (Francis 4-11), 8:10 p.m.
N.Y. Yankees (Nova 9-4) at Chicago White Sox (Humber 8-7), 8:10 p.m.
Minnesota (Liriano 7-8) at L.A. Angels (Chatwood 6-7), 10:05 p.m.
Tomorrow's games
Toronto at Baltimore, 7:05 p.m.
N.Y. Yankees at Boston, 7:10 p.m.
Oakland at Tampa Bay, 7:10 p.m.
Cleveland at Texas, 8:05 p.m.
Chicago White Sox at Minnesota, 8:10 p.m.
Detroit at Kansas City, 8:10 p.m.
Seattle at L.A. Angels, 10:05 p.m.

AL LEADERS					
	G	AB	R	H Avg.	
AdGonzalez Bos	106	436	76	155	.356
MIYoung Tex	108	430	54	144	.335
Kotchman TB	93	316	28	103	.326
Bautista Tor	98	343	79	111	.324
VMartinez Det	94	347	49	111	.320
Ellsbury Bos	107	443	81	141	.318
JHPeralta Det	98	353	47	112	.317
McCabrera Det	109	381	73	119	.312
Pedroia Bos	105	423	73	132	.312
McCabrera KC	105	455	69	139	.305
HOME RUNS — Bautista, Toronto, 32; Teixeira, New York, 31; Granderson, New York, 28; Konerko, Chicago, 25; NCruz, Texas, 24; MarReynolds, Baltimore, 22; McCabrera, Detroit, 22.					
Not including yesterday's results					

NATIONAL LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Philadelphia	71	39	.645	—
Atlanta	64	48	.571	8
Florida	55	55	.500	16
New York	55	55	.500	16
Washington	53	57	.482	18

CENTRAL DIVISION				
	W	L	Pct	GB
Milwaukee	62	50	.554	—
St. Louis	58	53	.523	3½
Pittsburgh	54	55	.495	6½
Cincinnati	54	57	.486	7½
Chicago	46	65	.414	15½
Houston	37	74	.333	24½

WEST DIVISION				
	W	L	Pct	GB
San Francisco	62	49	.559	—
Arizona	61	50	.550	1
Colorado	51	60	.459	11
Los Angeles	50	59	.459	11
San Diego	47	64	.423	15

Yesterday's results
Atlanta 6 Washington 4
Milwaukee 10 St. Louis 5
Philadelphia 8 Colorado 6
San Francisco 8 Arizona 1
Chicago Cubs 1, Pittsburgh 0
Florida at New York, p.p.d., rain
Houston 5, Cincinnati 4
L.A. Dodgers at San Diego
Tuesday's results
Washington 9, Atlanta 3
Chicago Cubs 11, Pittsburgh 6
Florida 4, N.Y. Mets 3
Cincinnati 5, Houston 1
St. Louis 8, Milwaukee 7, 11 innings
Philadelphia 5, Colorado 0
L.A. Dodgers 1, San Diego 0
Arizona 6, San Francisco 1
Tonight's games
Chicago Cubs (R.Lopez 2-3) at Pittsburgh (J.A.McDonald 7-5), 7:05 p.m.
St. Louis (Lohse 9-7) at Florida (Ani.Sanchez 6-4), 7:10 p.m.
Washington (Detwiler 1-0) at Colorado (Rogers 4-1), 8:40 p.m.
Philadelphia (CLLee 10-7) at San Francisco (Bumgarner 6-10), 10:15 p.m.
Tomorrow's games
Cincinnati at Chicago Cubs, 2:20 p.m.
San Diego at Pittsburgh, 7:05 p.m.
Atlanta at N.Y. Mets, 7:10 p.m.
St. Louis at Florida, 7:10 p.m.
Milwaukee at Houston, 8:05 p.m.
Washington at Colorado, 8:40 p.m.
L.A. Dodgers at Arizona, 9:40 p.m.
Philadelphia at San Francisco, 10:15 p.m.

NL LEADERS				
	G	AB	R	H Avg.
JosReyes NYM	95	419	79	142 .339
Braun Mil	100	369	69	119 .322
Votto Cin	109	406	69	130 .320
DanMurphy NYM	106	382	47	122 .319
Kemp LAD	108	392	66	125 .319
Morse Wash	98	339	48	107 .316
Holliday STL	84	298	59	94 .315
Pence Phi	104	416	52	128 .308
Helton Col	97	326	45	100 .307
McCann Atl	91	333	43	102 .306
HOME RUNS — Berkman, St. Louis, 28; Kemp, Los Angeles, 26; Stanton, Florida, 25; Fielder, Milwaukee, 24; Pujols, St. Louis, 24; Howard, Philadelphia, 23; Uggla, Atlanta, 22; Upton, Arizona, 22.				
Not including yesterday's results				

PLAYERS									
RAYS 9, BLUE JAYS 1									
Toronto	ab	r	h	bi	Tampa Bay	ab	r	h	bi
YESos ss	4	0	1	0	Jnnings lf-cf	5	0	2	0
Rasms cf	4	0	1	0	Damon dh	3	0	0	1
Bautist 3b	2	0	0	0	Ruggin ph-1f	1	0	0	0
JMchi 3b	1	0	0	0	Longori 3b	4	0	0	0
Lind 1b	3	0	0	0	Zobrist 2b	5	2	2	1
Teahan 1b	1	0	0	0	Ktchm 1b	4	1	2	1
Encnc dh	4	0	1	0	Blupton cf	4	1	1	0
ETHms rf	3	0	0	0	McGee p	0	0	0	0
A.Hill 2b	3	0	1	0	Bloms p	0	0	0	0
Snider lf	4	0	0	0	Joyce rf	4	2	3	1
Arendi c	3	1	1	1	SKdrgz ss	1	2	0	1
EJhnsn ph-ss	1	0	0	0					
Chirns c	2	1	2	4					
Totals	32	1	5	1	Totals	34	9	12	9
Toronto					Tampa Bay				
						.001	.000	.000	1
						.044	.000	.10x	9
E—C.Villanueva (1), DP—Toronto 1. LOB—									
Toronto 7, Tampa Bay 7. 2B—Encarnacion (27),									
Joyce (23), 3B—Jennings (2), HR—Arenobia									
(18), Zobrist (15), Kotchman (5), Chirinos (1).									
S—S.Rodriguez. SF—Damon.									

PLAYERS									
RAYS 9, BLUE JAYS 1									
Toronto	ab	r	h	bi	Tampa Bay	ab	r	h	bi
C.Villanueva L6-3	22-3	9	8	8	0	1			
Litsch	31-3	0	0	0	2	5			
Ledezma	1	3	1	1	1	3			
Camp	1	0	0	0	0	0			
Tampa Bay									
Shields W,10-9	71-3	3	1	3	6				
McGee	1	2	0	0	0	2			
B.Gomes	2-3	0	0	0	0	0			
T—2:39. A—11,803 (34,078).									

TENNIS

ATP LEGG MASON CLASSIC
At Washington
Singles — Second Round
Nikolay Davydenko (9), Russia, def. Matthew Eddes, Australia, 6-3, 7-5.
Michael Russell, U.S., def. Xavier Malisse (14), Belgium, 7-6 (4), 2-3 retired.
Radek Stepanek, Czech Republic, def. Wayne Odesnik, U.S., 6-1, 6-1.
ODLM BROWN VANOPEN
At WEST VANCOUVER, B.C.
MEN
Singles
Second Round
Bobby Reynolds (2), U.S., def. Luca Gregor, Slovenia, 6-4, 2-6, 6-4.
Clement Reix, France, def. Fritz Wolmarans (7), South Africa, 4-6, 6-3, 7-6 (9).
James Ward (5), Britain, def. Erik Chvojka, Montreal, 4-6, 6-3, 6-4.
Alex Bogdanovic, Britain, def. Yen-Hsun Lu (1), Taiwan, 4-6, 6-3, 6-3.
Doubles
First Round
Yuichi Sugita, Japan, and Grega Zemlja, Slovenia, def. Clement Reix, France, and Dusan Vemic, Serbia, 6-4, 6-4.
WOMEN
Singles
First Round
Casey Dellacqua, Australia, def. Heidi El Tabakh, Toronto, 7-5, 6-2.
Anne Keothavong (2), Britain, def. Ling Zhang, Hong Kong, 6-4, 6-1.
Irina Falconi (3), U.S., def. Kathrin Woerle, Germany, 6-1, 5-7, 6-1.
Arina Rodionova, Russia, def. Gail Brodsky, U.S., 3-6, 6-4, 7-5.
Julia Cohen, U.S., def. Eugenie Bouchard, Westmount, Que., 7-5, 6-4.
Olivia Rogowska, Australia, def. Misaki Doi (5), Japan, 3-6, 6-4, 6-1.
Julia Glushko, Israel, def. Sharon Fichman, Toronto, 6-3, 6-4.
Doubles
First Round
Anne Kremer, Luxembourg, and Sally Peers, Australia, def. Maria Kondratieva, Russia, and Sophie Lefevre (2), France, 6-3, 6-2.
Jamie Hampton, U.S., and Noppawan Lertcheewakarn, Thailand, def. Monique Adamczak, Australia, and Kumiko Iijima, Japan, 7-6 (3), 6-3.

CFL

PLAYERS									
EAST DIVISION									
	GP	W	L	T	PF	PA	Pt		
Winnipeg	5	4	1	0	124	94	8		
Montreal	5	3	2	0	159	129	6		
Hamilton	5	3	2	0	132	112	6		
Toronto	5	1	4	0	105	142	2		

PLAYERS									
WEST DIVISION									
	GP	W	L	T	PF	PA	Pt		
Edmonton	5	5	0	0	153	99	10		
Calgary	5	3	2	0	117	117	6		
Saskatchewan	5	1	4	0	101	160	2		
B.C.	5	0	5	0	126	161	0		

WEEK SIX
Tonight's game
All times Eastern
Montreal at Toronto, 7:30 p.m.
Tomorrow's games
Edmonton at Winnipeg, 7:30 p.m.
Saskatchewan at B.C., 10:30 p.m.
Saturday's game
Hamilton at Calgary, 9:30 p.m.

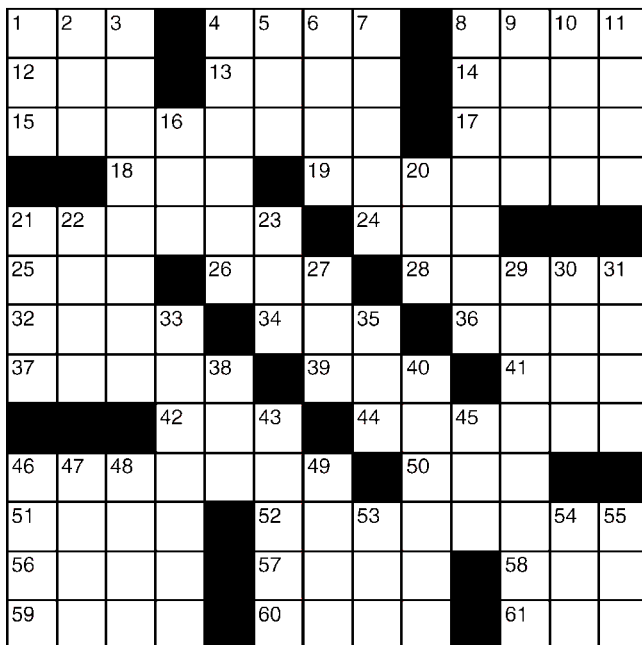
SCORING LEADERS					
	TD	C	FG	S	Pts
Whyte, Mtl	0	17	13	1	57
Duval, Edm	0	16	11	8	57
Palardy, Wpg	0	9	15	2	56
Medlock, Ham	0	13	12	3	51
McCallum, Bk	0	11	12	1	48
E.Johnson, Sask	0	10	9	4	41
Paredes, Cal	0	8	9	3	38
Prefontaine, Tor	0	8	8	0	32
Kacker, Tor	5	0	0	0	30
Siala, Ham	5	0	0	0	30
Stamps, Edm	5	0	0	0	30
Bratton, Mtl	4	0	0	0	24
Edwards, Wpg	4	0	0	0	24
Cates, Sask	3	0	0	0	18
Cornish, Cal	3	0	0	0	18
Foster, Bk	3	0	0	0	18
Porter, Edm	3	0	0	0	18
Richardson, Mtl	3	0	0	0	18
Robertson, Bk	3	0	0	0	18
C.Williams, Ham	3	0	0	0	18
Barnes, Edm	2	0	0	0	12
Brown, Bk	2	0	0	0	12
Cobourne, Ham	2	0	0	0	12
Dressler, Sask	2	0	0	0	12
Durant, Sask	2	0	0	0	12
Jeffers-Harris, Wpg	2	0	0	0	12
Green, Mtl	2	0	0	0	12
Jeffers-Harris, Wpg	2	0	0	0	12
Joseph, Edm	2	0	0	0	12
Lemon, Tor	2	0	0	0	12
McPherson, Mtl	2	0	0	0	12
Messam, Edm	2	0	0	0	12
Whitaker, Mtl	2	0	0	0	12
Shaw, Tor	0	3	1	1	7
Banks, Bk	1	0	0	0	6
Bishop, Cal	1	0	0	0	6
Black, Tor	1	0	0	0	6
Bowman, Edm	1	0	0	0	6
Boyd, Tor	1	0	0	0	6
Brink, Wpg	1	0	0	0	6
Bryant, Cal	1	0	0	0	6
Burris, Cal	1	0	0	0	6
Clement, Sask	1	0	0	0	6
Cox, Mtl	1	0	0	0	6
Denmark, Wpg	1	0	0	0	6
Deslauriers, Mtl	1	0	0	0	6
Diedrick, Mtl	1	0	0	0	6
Getzaf, Sask	1	0	0	0	6
A.Harris, Bk	1	0	0	0	6
Henry, Edm	1	0	0	0	6
E.Hill, Sask	1	0	0	0	6
Hughes, Sask	1	0	0	0	6
Lewis, Cal	1	0	0	0	6
Lulay, Bk	1	0	0	0	6
Mann, Ham	1	0	0	0	6
Maypray, Mtl	1	0	0	0	6
Peterson, Bk	1	0	0	0	6
Porter, Ham	1	0	0	0	6

ACTIVITY</

Crossword

Across

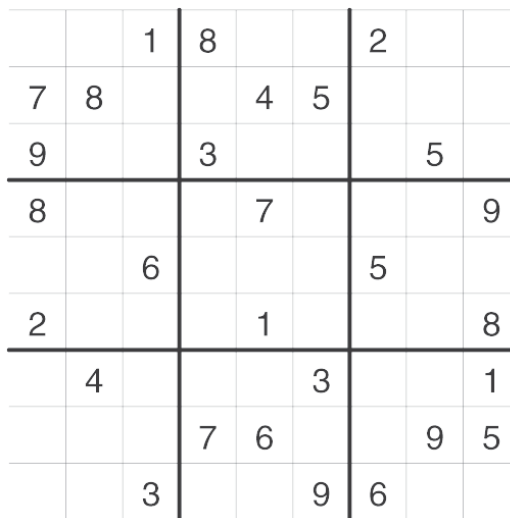
- 1 Six-pack muscles
4 "Huh?"
8 Slender
12 Speck
13 Ginormous
14 Last few notes
15 Good poker hand
17 Stead
18 Possess
19 Weapon collection
21 San Fernando, for one
24 Melody
25 Have a bug
26 Witnessed
28 Stickum
32 March 15, e.g.
34 Central
36 Bring to a halt
37 Bold
39 Roscoe
41 Regret
42 Conger, e.g.
44 Coy
46 Puts in the wrong place
50 Tatter
51 Help slyly
52 Vigor
56 Paddock papa
57 "My bad"
58 Writer Buscaglia
59 Despot
60 Dalai —
61 Tackle's teammate
Down
1 Billboards
2 Automaton, for short
3 Modern-day pram
4 Complains feebly
5 Embrace
6 Ottoman bigwig
7 Aquarium fish
8 Eyeball coats
9 Pork cut
10 Concept
11 Manhandle
16 Piercing tool
20 Taste
21 Futile
22 Staffer
23 Sweet potato kin
27 Peruke
29 Fight
30 Go sightseeing
31 Duel tool
33 Less corpulent
35 Old man



► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

5	9	7	4	2	8	3	6	1
2	1	8	3	7	6	9	4	5
3	4	6	1	5	9	8	2	7
8	7	3	9	6	2	1	5	4
4	5	1	7	8	3	6	9	2
9	6	2	5	4	1	7	3	8
7	2	9	8	3	4	5	1	6
6	3	5	2	1	7	4	8	9
1	8	4	6	9	5	2	7	3

A look at the weather

TODAY	FRIDAY	SATURDAY
☀ Min 11° ☀ Max 23°	☀ Min 14° ☀ Max 23°	💧 Min 15° 💧 Max 26°

Michele McDougall Weather Specialist

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". WEEKDAYS 6AM



Today's horoscope

♈ Aries March 21-April 20

Someone in a position of power will say nice things about you. His or her flattery has other motives.

♉ **Taurus** April 21-May 21 Don't let a taur drive a wedge between you and someone you love.

♊ **Gemini** May 22-June 21 If someone tries to take liberties, you must deal with him or her harshly. Tread on toes if you must.

♋ **Cancer** June 22-July 22 If you let something that seems trivial pass today, others will take it as a sign you can be bullied.

♌ Leo July 23-Aug. 23

Do what you can to please a person whose support you rely on but don't go to extremes or make empty promises.

♍ **Virgo** Aug. 24-Sept. 22 Others will respect you more today if you say what you mean and mean what you say.

♎ **Libra** Sept. 23-Oct. 23 Stop worrying that not all your plans have worked out as expected.

♏ **Scorpio** Oct. 24-Nov. 22 The more others appeal to your sense of duty, the more you should be suspicious of their motives.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ Sagittarius Nov. 23-Dec. 21

Don't trust what you are told just because the person doing the telling is some sort of expert.

♑ **Capricorn** Dec. 22-Jan. 20 The only way out of your predicament is to face your unhappiness.

♒ **Aquarius** Jan. 21-Feb. 18 Family members need to be reminded that you care about their wellbeing. Spend time with them.

♓ **Pisces** Feb. 19-March 20. If someone at work acts out of character, think about it and ask how you can help. **SALLY BROMPTON**

Caption contest



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

KISS & TELL WITH METRO KISS

Tell your friends, family or that secret crush just how you feel with a Metro Kiss... then share it with the world through Facebook and Twitter.

All kisses will appear online and a selection will appear in print too!

Visit metronews.ca daily to see who loves whom, or...who loves you!



Adventure! Teach English Overseas

- TESOL Certified in 5 Days
- In-Class or Online
- No Degree Required!

1.888.270.2941

Job Guaranteed!

Next in-class course: August 17th - 21st

Next Seminar: August 9th @ 7pm

Travelodge Edm South, 10320 - 45 Ave

www.globaltesol.com



SUPER SUMMER

→ 2011 ACCENT SELL-OFF ←

SALE

ONLY
11
LEFT!



CONTINUES
at Sherwood Park Hyundai

**FREE GAS & NO PAYMENTS
FOR A YEAR!**

ALL 2011 ACCENT MODELS AVAILABLE!
Automatic, Manual, L, GL, Sport, 3 door, 4 door

+ 10% OFF

All Accessories
Purchased at Time of Sale

+ \$300 OFF

Extended Warranty
& Protection Packages!

CALL, CLICK OR VISIT • BUT DON'T WAIT • SALE ENDS SOON!

877.372.9396 • SPHyundai.com • Broadmoor & Baseline, Sherwood Park

